

Pomegranate

History

The pomegranate originated somewhere between Iran and the Himalayas of northern India. It has been grown and cultivated across Mediterranean Europe, Asia, and Africa since ancient times. Ancient Egyptian art and mythology featured the pomegranate. The fruit is found to be mentioned in the Old Testament of the Bible and the Babylonian Talmud. The pomegranate was carried across deserts by caravans because of its thirst-quenching juice. It has been widely cultivated throughout India, China, Egypt and the Middle East.

Pomegranate was commonly planted in the Caribbean during the exploration of the New World. The tree became naturalized in Bermuda and has been recorded growing there since 1621. It is also frequently grown in Mexico. It was introduced to the United States in the late 1700s by Spaniards who planted the trees at their missionaries. Pomegranates were planted in California and Arizona and are still found growing in these states today.

Eating Pomegranates

1. Cut off the crown end of the pomegranate.
2. Lightly score the rind in several places.
3. Hold fruit under a bowl of water and break sections apart, separating seeds from membrane. Seeds will sink while rind and membrane float.
4. Remove rind and pith (white stuff) from water and discard.
5. Pour seeds into a colander, drain, and pat dry.
6. Enjoy!



Fun Facts

- The pomegranate tree only bears fruit in a hot, dry climate
- Each pomegranate contains hundreds of edible seeds
- A mature pomegranate is about the size of a large orange
- Pomegranate can be stored for two months in the refrigerator
- Pomegranates grown in the US are available from September to December
- Pomegranates will make a metallic sound when tapped when ripe



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